



The pilot, the polar bears & the amazing ice-floe rescue

The whole (almost unbelievable) story in **metroNEWS**

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Commission rules against TransAlta

ELECTRICITY

Decision rules on pricing, competition within market



Tim Querengesser
Metro | Edmonton

Calgary's TransAlta "deliberately" took actions that had an "anticompetitive purpose" and could have made the private company up to \$100 million, according to a mammoth 217-page decision released Monday by the Alberta Utilities Commission.

In 2011, Market Surveillance Administrator (MSA), an electricity-market watchdog in Alberta, filed anti-trust allegations against TransAlta, a privately owned electricity-generation company with facilities across Canada and the United States.

Those allegations stemmed from TransAlta's decision in 2010 and 2011 to shut down all six of its coal-generation plants for maintenance for several

days during peak electricity demand in Alberta.

That decision ultimately saw the price consumers paid for electricity spike.

MSA, the market watchdog, alleged to the Commission that TransAlta's plant shutdowns were timed to have a positive effect on electricity prices, though, in February, TransAlta argued to the Commission that its actions "would not attract any anti-trust scrutiny under the Competition Act in Canada."

But in its ruling Monday, the Commission found TransAlta "engaged in this conduct for an anticompetitive purpose" and further, that this behaviour was "deliberate."



(Deregulation) has given companies the opportunity and the ability to drive up the price of power. David Gray

Yet while the ruling may seem like a win for Alberta consumers, David Gray, president of Gray Energy Economics and the former executive director of the Utilities Consumer Advocate with the Alberta government, said it has only materialized

because other electricity companies may have been harmed.

"I'm no more ticked off than I was before," Gray said after reading the ruling. "The long and the short is (deregulation) has given companies the opportunity and the ability to drive up the price of power in non-competitive ways."

Gray added that it came to light because the price affected others inside the electricity market. "If it had only affected customers, it wouldn't have been an issue."

The phrase "price fixing" does not appear in the Commission's ruling.

Jim Law, a spokesperson with the Commission, said

Monday's ruling is the first of several phases to the body's work. Next, he said, will be the penalty phase, though he was aware that TransAlta still has the right to appeal the ruling.

The timing of the penalty phase is an unknown, he said.



TIM QUERENGESSER/METRO

A LOBE TOO FAR?

As earplugs fall in popularity, business booms for plastic surgeons fixing the saggy skin left behind. See **metroNEWS**.

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FLIGHTS

WestJet growing Edmonton service



Braeden Jones
Metro | Edmonton

New flight offerings from WestJet are increasing Edmonton International Airport's appeal as a connecting location.

Airport spokeswoman Heather Hamilton said with more than 60 new flights each week, the airport is serving key business routes with greater flexibility and same-day return trips, which is good for the regional economy.

"People underestimate the amount of trade, travel and tourism that happens in the West," she said.

More daily trips will be added to and from Kelowna,

46

Flights between Edmonton and Grande Prairie increase by nine times weekly to a total of 46 each week starting in October.

Grande Prairie, Saskatoon and Regina starting in either October or December.

A brand-new daily route between Edmonton and Nanaimo will also be established.

"It's important not to miss the economic significance of these smaller areas, linking them for business and travel," Hamilton said. "It is a huge increase in travel options."

WRAP-UP

K-Days attendance breaks record

Edmontonians flocked to K-Days in record numbers this year despite intermittent wind and rain throughout the 10-day festival.

More than 785,000 people walked through the midway's gates this year, compared to 740,840 last year.

Throughout the midway, fairgoers saw more than 50 different live shows, rode 48 midway rides, tasted 25 new deep-fried culinary treats from 90 midway food vendors and took in 11 headlining musical performances. METRO

+ THE NUMBERS

Food collected for the Edmonton Food Bank:

1,102 pounds

Number of Monster Burgers (1 kg of beef, 1/2 kg of bacon, 1/4 kg of cheese and a whole lot of fixings) sold: 15

Amount of beef donated to the Edmonton Food Bank as a result of Monster Burger sales: 33 pounds



Edmonton food banks have seen a dramatic surge in demand in recent months. CREATIVE COMMONS LICENSE/WALTER SCHWABE (@FUSEDLOGIC)

Food bank usage jumps

CHARITY

A picture of hunger in Edmonton



Andrea Ross
Metro | Edmonton

Rising tuition, living costs and difficulties in finding summer

work have all led to a spike in food bank usage at the University of Alberta — and across the city.

Both the Edmonton Food Bank and the University of Alberta's Campus Food Bank have noticed increases in usage over the past year, and both are looking for more donations to meet the demand.

The U of A Campus Food Bank has seen an increase in demand of around 50 per cent

this summer, which is usually their slowest season.

"I think all of us can look around and see we are in a little bit of a slowdown as far as jobs go," Campus Food Bank executive director Caitlin Phare said.

Phare said donations are holding steady but have not increased at the same rate as the demand, and staff are asking for a range of donations.

"If you can't afford food, you can't afford a toothbrush,"

Phare said.

Food and other items needed by both food banks include canned fruit, canned beans, pasta, pasta sauce, oats, rice, canned soup, canned vegetables, baby formula and toiletries.

Marjorie Bencz, executive director of the Edmonton Food Bank, said that this year donation drives are critical.

"These events are our lifeblood," she said.

35

Number of schools where Edmonton Food Bank provides lunch and snack programs.

40

Percentage of Edmonton Food Bank clients younger than 18 years old.

100

Number of suppliers providing perishable food to Edmonton Food Bank.

500

Average monthly rise in new users of the Edmonton Food Bank's hamper program.

15K

Average number of people served through hamper programs, per month.

1,695

Increase in new users in June 2015 as compared to June 2014.



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Audit complete on 102 corridor

PUBLIC TRANSPORTATION

Safety review done; cyclists approve latest renderings



Braeden Jones
Metro | Edmonton

In the future, 102 Avenue will have bikes, cars, pedestrians and LRT sharing space, but the city has completed its review of the proposal and determined it's, in fact, safe.

Rob Gibbard, director of capital transportation planning said controlling intersections in which bikes, cars and the LRT cross paths was

a key priority in the review. "It's complicated to control those movements safely," he said.

The specific design work is still to come, but Gibbard said important determinations were made.

Each intersection will have signals that allow each mode of transportation to cross by itself, he said. For cars, 102 will be restricted to eastbound traffic.

For the LRT, it will be at street level. Pedestrians have a wide sidewalk separate from it all, next to a signalized, protected bike lane that runs in two directions.

Gibbard also said there would be bike boxes on the road, designated areas for bikes to wait in before left turns, and the signals will

include a full amber, red and green lights for cyclists to adhere to.

"The details are still undetermined, it's part of the design process, but generally it will be on the far side of the intersection in the middle between the car lane and cycle lane."

Chris Chan, executive director of the Edmonton Bicycle Commuters Society, said the bike lane is "the route everyone was hoping for and asking for."

"It's already a major bike corridor, this will make it much safer, much easier to get through downtown," he said.

During the planning process Chan said he heard "mumbblings" there wasn't enough space to have bikes on 102 Avenue downtown.

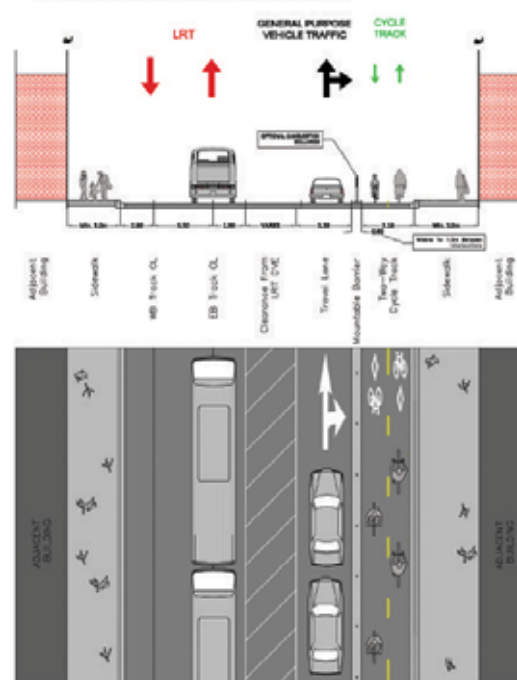
"We're really happy to see the bike lane in there, protected from traffic," he said.

"Things like dedicated signals and designing the intersections (the way they have) will go a long way to make sure people know what's going on."

It's already a major bike corridor, this will make it much safer, much easier to get through downtown.

Chris Chan, executive director of the Edmonton Bicycle Commuters Society

Typical Cross-Section (Non-Station)



A diagram displaying the proposed layout of the shared road space between people, cyclists, drivers and transit. SUBMITTED

+ ETS SERVICE

Transit construction forces bus route changes

The Edmonton Transit System is already facing some changes due to the major construction beginning this week.

Starting Sunday, routes 3, 7, 8, 12, 14, 15, 16, 52, 60, 61, 62, 65, 68, 69, 72, 90, 100, 112, 125, 134, 140, 151, 160, 161, 162, 180, 197, 308, 309 and some DATS stops will be changing.

The city's website claims most changes are "minimal," with stops being moved one or two blocks.

No buses will run along 102 Avenue parallel to Churchill Square, and buses will be rerouted around the Valley LRT construction work.

Parts of 102 will also be closed to general traffic during the next four years of construction.

BRAEDEN JONES/METRO

INFRASTRUCTURE

Iveson 'not done asking' for funds

Ottawa announced Friday it would cover about one-third of Calgary's Green Line transit project, with a \$1.53 billion federal Public Transit Fund grant.

Some in Edmonton cried foul.

After the news broke, some Edmonton officials said the city was due more federal money for its own Valley Line LRT expansion plans — of which the city has received a commitment of \$400 million from Ottawa.

Calgary's rail extension budget lands around \$4.6 billion, meaning the grant received represents 33.26 per cent of that budget.

On the other hand, Edmonton's Valley Line project, which will run between downtown and Mill Woods, has a projected budget of \$1.8 billion.

This makes the \$400 million in federal money received (including \$250 million from P3 Canada) 22.2 per cent of the budget.

Edmonton Mayor Don Iveson tweeted Edmonton is "not done asking" Ottawa for more money, and that he'd like to get its share of the budget to 33 per cent by the time the Valley Line is completed.

BRAEDEN JONES/METRO



A recent announcement of \$1.53 billion of federal dollars for an LRT expansion in Calgary had some in Edmonton crying foul. KURT BAUSCHARDT/CREATIVE COMMONS

A TALE OF TWO LRTS

FACTS	EDMONTON	CALGARY
Cost	\$1.8 billion	\$4-5 billion
City Contributions	\$800 million	TBA
Provincial Contributions	\$600 million	TBA
Federal Contributions	\$400 million	\$1.53 billion
Project Duration	2016-2020	2017-2024
Line Length	13 kilometres	40 kilometres
Estimated Weekly Users	31,500	140,000



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Emma Greeve said she likes her expanded earlobes but isn't sure how she'll feel about them in the future. TIM QUERENGESSER/METRO

Cosmetic surgery for lobes on the rise

BODY MODIFICATION

Surgeons drumming up work on stretched ears



**Andrea
Ross**
Metro | Edmonton

The skin holding the large, round plugs in each of Emma Greeve's earlobes is so stretched and puckered it will likely never shrink back on its own.

An inch in diameter, the statement earrings don't bother the 19-year-old right now. Greeve never had a problem with the look at her former job as an auto wrecker, and doesn't expect any issues as she pursues a career as a dog groomer.

But Greeve hasn't ruled out surgical intervention yet, though her older sister backed out of paying \$4,000 to revert her lobes — also with plugs — back to normal as it was too expensive.

And Greeve doesn't mince words about her ears, sans plugs. "I describe them as cat butts. They're just saggy; you

can see right through them. But I did this to myself, so I kind of have to live with it now," she said.

"I'm happy with them now, but maybe one day I'll change my mind."

A common procedure just a few years ago, earlobe stretching is a "dying" trend, Atomic Zombie piercer Aliya Schwenkler said. While it costs only the price of the initial piercing, some skin softening wax and each change of earring with an increased gauge, the cost of reversing the modification is significantly higher.

Calgary facial cosmetic surgeon Dr. Kristina Zakhary does

between one and two surgeries a week to return stretched earlobes to their normal size.

Performed under local anesthesia, the surgery ranges in price from \$1,500 to \$1,900, and more for complicated cases. Because it's considered a cosmetic surgery, it's rarely covered by medical insurance.

Despite Alberta's economic downturn, clients aren't just looking for the surgery to improve their job prospects, Zakhary said.

"People ... just get tired of it after some time," she said. "But after surgery, there's very little noticeable incision or scars."

MISSING MAN

Family frustrated with police

Ten months after he went missing, the family and friends of Gamteysa Muhamed are speaking out about their frustration with how Edmonton Police have handled the case.

"We didn't feel like the cops respected our family when we first went to them to get help," Gamteysa's younger sister, Antu Muhamed, said.

"They just judged us and they

did not help us."

Gamteysa, now 22, was last seen September 7, 2014. Since his disappearance, Gamteysa's case has shifted from a missing person file to a suspected homicide.

Antu said the family felt that its Ethiopian ethnicity played a role in the police's response to her brother's disappearance.

She said the police only filed

an official missing person's report after six days after he'd been reported missing by the family.

The family has since filed a complaint with the Police Commission.

But Cheryl Sheppard, a spokesperson with EPS, said the police are doing their best to find Gamteysa.

MICHELLE FALK/FOR METRO

CORRECTION

On Friday, Metro reported a story with incorrect information. We reported that the Edmonton Police were investigating allegations of staff abuse at the Kipnes Centre for Veterans. Edmonton Police investigated allegations of abuse among patients at the centre, not staff, and those investigations have concluded.

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MANCHESTER

Have tent, will tutor, Canadian student says

A Canadian student's unorthodox pitch to save money on his university education is helping a British woman to obtain her high school credentials.

Evan Eames's master's studies at the University of Manchester were set to cost the Montreal resident more than \$30,000 in tuition fees alone, sending him on the hunt for frugal accommodations.

The avid camper thought pitching a tent in someone's backyard would solve his problem, and so he took to the Internet in search of a landlord.

He found one in Charley Mantack, a Manchester resident who offered to let him pitch his tent on her property in exchange for tutoring in math and science.

Eames spent about three hours a week helping her with her high school equivalency course work. Final exam results are due next month, but Mantack was posting A's in her classes and expects to graduate.

Eames said the inconvenience of living in sporadically damp or cold conditions was balanced by the fresh air and

fun of doing something a little out of the ordinary.

"It started out as mainly an economic function, but very quickly it turned into something that I was genuinely enjoying," the 25-year-old said in a telephone interview.

A long-term camp-out was not part of Eames's initial plan when he decided to complete his master's degree outside of Canada.

The British citizenship he enjoys courtesy of his father, he thought, would be sufficient to secure tuition rates more in line with what he would have paid if he remained in Canada.

But after discovering that international rates applied to anyone who had not lived in the country for at least three years, Eames was forced to get creative.

The time he'd previously spent globetrotting on a student budget had made him comfortable with life in a nylon shelter.

Mantack said she plans to go on to university, where she hopes to follow her tutor's lead by studying science.

THE CANADIAN PRESS



Evan Eames in a selfie. THE CANADIAN PRESS HANDOUT

Pilot rescued from ice floe

ARCTIC

Russian aviator picked up 32 hours after chopper crash

A Russian helicopter pilot survived a crash of his small helicopter into frigid Arctic waters by scrambling into a life raft and then spending over 30 hours awaiting rescue on an ice floe, military officials said Monday.

Sergey Ananov was on a solo, around-the-world journey in his single-engine aircraft and was about halfway between Iqualuit and Greenland when his Robinson R22 helicopter ditched in the Davis Strait on Saturday afternoon.

Rear Admiral John Newton says the search and rescue coordination centre was notified after an on-board beacon indicated Ananov's single-seat aircraft had descended to sea level and stopped moving.

The admiral said the 49-year-old sociologist and journalist had his life raft close at hand and his survival suit was on as it hit the water.

"It's wet, it's cold, he has some polar bear neighbours who are very interested in his whereabouts. He has quite a survival story."

Newton said Ananov fired off flares but they couldn't be seen in the cloudy, misty



Pilot Sergey Ananov spent more than 30 hours on an ice floe awaiting rescue. FACEBOOK/SERGEY ANANOV/THE CANADIAN PRESS

conditions by rescue aircraft and helicopters that had been dispatched to the scene.

However, early on Monday morning a watchkeeper with the coast guard vessel Pierre Radisson, which had set out from Frobisher Bay to find the lost aviator, spotted one of the flares fired from the floe.

The vessel sent its helicop-

ter to retrieve Ananov, who by then had been on the ice approximately 32 hours.

The admiral said the military search centre worked on the assumption that Ananov was alive throughout the rescue attempt, but knew that heaving oceans and extreme cold posed risks as the hours went by.

THE CANADIAN PRESS

EVE ADAMS

Defeat called 'a favour'

Liberals who helped defeat Eve Adams in her bid to run as the party's candidate in a Toronto riding said Monday they've done Justin Trudeau "a big favour."

Adams had been seeking the Liberal nomination in Eglington-Lawrence, where she would have faced off against her former fellow Conservative caucus mate, Finance Minister Joe Oliver.

But Adams, who was welcomed into the Liberal fold by Trudeau in February after she had a falling out with the Tories, was handily defeated by Marco Mendicino in a weekend nomination vote.

"I think we did Trudeau a big favour by bringing in and having a candidate here who really is a genuine Liberal," said Mike Colle, a Liberal who represents the riding in the Ontario legislature.

Adams would win the federal nomination "over my dead body," Colle predicted in a Facebook post in February.

But Trudeau will likely continue to be shadowed by the Adams defection throughout the campaign in advance of the Oct. 19 federal election, said University of Toronto political science professor Peter Loewen.

"I think it was a mistake for (Trudeau) ever to invite her in," Loewen said.

"He should have asked his caucus and given the caucus a chance to pass judgment on her membership."

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INDIA

10 people killed in gun battle

Indian forces fought an extended gun battle Monday with militants who attacked a moving bus and stormed into a police station in a northern town bordering Pakistan, with 10 people killed in the violence, officials said.

The attackers killed four policemen and three civilians in the pre-dawn attack in Punjab state, said Harcharan Singh Bains, a state government spokesman.

All three of the attackers died in fighting with Indian police officers backed by army personnel that lasted about 12 hours, said the state's director-general of police, Sumedh Singh Saini.

The militants hijacked a car and then fired at the bus and a roadside eatery before attacking a police station near Gurdaspur, a border town in Punjab, police said.

Eight injured people were hospitalized, seven of them in serious condition, the Press Trust of India news agency reported. THE ASSOCIATED PRESS

Colombia starts quest

LA ESCOMBRERA

300 people believed to be entombed in urban landfill

The last contact Margarita Restrepo had with her daughter was a hurried phone call on Oct. 25, 2002. The school day was over and 17-year-old Carol Vanesa was going to meet friends at a metro stop near the sprawling Comuna 13 hillside slum.

Restrepo and her children had fled the violent Medellin neighbourhood a few days earlier, right before it was taken over by thousands of Colombian soldiers trying to ferret out leftist rebels. She begged the girl not to risk returning there, but the teen went anyway. Neither she nor her two friends have been seen again and, to this day, nobody knows who is responsible for their disappearance.

Thirteen years later, Restrepo and dozens of others who have missing loved ones are closer than ever to clos-



Wooden silhouettes representing missing people dot the landscape during a ceremony to remember the missing and to kick off a search effort in a landfill on the outskirts of Medellin, Colombia, on Monday. LUIS BENAVIDES/THE ASSOCIATED PRESS

ure thanks to a project to remove 24,000 cubic metres of rubble from La Escombrera, a debris landfill on Medellin's outskirts where the remains of as many as 300 people are believed to have been dumped during one of the darkest chapters of Colombia's long-running civil

conflict.

At a ceremony Monday to remember the missing and kick off the search effort, officials joined more than 100 women who dressed in white and carried black, plastic silhouettes to represent their loved ones. After years of silence on the part of the gov-

ernment and much of society, supporters of the families welcomed the start of the work.

Human rights activists say La Escombrera could prove to be the largest mass grave ever found in Colombia and the dig represents a glimmer of hope that justice will be realized.

THE ASSOCIATED PRESS

IN BRIEF

Time an issue in solving Bobbi Kristina Brown case

Medical examiners performing an autopsy on Bobbi Kristina Brown said Monday their initial findings turned up no obvious cause of death, while experts said the months that have passed since Brown was found face-down in a bathtub are working against authorities now tasked with solving how she died.

The Fulton County Medical Examiner's Office said in a statement Monday afternoon that it will likely be several weeks before it can rule on a manner and cause of death for the 22-year-old daughter of Whitney Houston.

THE ASSOCIATED PRESS



Bobbi Kristina Brown FILE

DESTINATION
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IN BRIEF

German businesses feel more confident

Business confidence in Germany, Europe's biggest economy, has risen unexpectedly this month as worries over Greece have subsided, a closely watched survey showed Monday. The Ifo think-tank's monthly confidence index

increased to 108 points for July from 107.5 in June. Economists had expected a slight decline to 107.2, which would have been a third consecutive drop. The German economy has been helped lately by low unemployment and increasing domestic demand.

THE ASSOCIATED PRESS

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Tim Hortons reviews in-store TV screens

RESTAURANTS

Activists and oil industry clash over ad on Tims TV

Executives at Tim Hortons are reconsidering whether it's worth the risk of flavouring your coffee break with potential controversy.

After the restaurant chain was dragged into a clash between environmentalists and oil-industry supporters last month, Daniel Schwartz, CEO of Tim Hortons' parent company Restaurant Brands, said Monday the company is reviewing its Tims TV in-store digital screens.

"We're now taking a look at the whole Tims TV program and what makes sense for the brand," said Schwartz in an interview.

"As with many things in the restaurant, we explore what's best from time to time."

The review comes after Tim Hortons was put in the hot seat for giving advertisement space to pipeline giant Enbridge on its in-store digital screens.

The commercials angered environmentalists who



Tim Hortons executives are reviewing Tims TV after Enbridge ads running on the in-store digital screens last month dragged the restaurant chain into a clash between environmentalists and oil-industry supporters. THE CANADIAN PRESS



We're now taking a look at the whole Tims TV program.

Daniel Schwartz

launched an online petition to get them pulled. When Tim

Hortons yanked the Enbridge ads, some oil-sector supporters called it an insult to one of Canada's biggest industries and launched their own boycott.

The conflict showed the potential dangers of a brand as recognizable as Tim Hortons selling ad space to companies that could rankle its customers.

The coffee-and-doughnut chain began experimenting with Tims TV last year before rolling out screens at restaurants across the country. The company described Tims TV as its own version of a community space, serving as a home for the latest news, weather, local events and branded videos.

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DAILY BREAK



GREECE

Ex-minister hatched plan for euro exit

The Greek government was poised Monday for the imminent start of intricate bailout discussions but faced rebukes following revelations that former finance minister Yanis Varoufakis formed a secret committee to plan for the possible conversion of euros into drachmas "at a drop of a hat."

While the final touches were being put in place for the start of technical talks in Athens, a recording of Varoufakis discussing a parallel currency plan was made public.

Opposition parties have

**Yanis Varoufakis**

THE ASSOCIATED PRESS

criticized Varoufakis and have

urged Prime Minister Alexis Tsipras to explain to lawmakers what he knew of his former finance minister's actions.

In the recording of a telephone briefing for investors on July 16 in the wake of his resignation days earlier, Varoufakis claimed he and a childhood friend who was a computer expert hacked into his ministry's computer systems as a first step to creating "a parallel banking system" in the event Greek banks were shuttered.

In theory, a parallel system

formed from the effective cloning of tax accounts would have allowed the finance ministry to continue payments in the form of so-called IOUs.

Varoufakis said he had been authorized by Tsipras to undertake the planning prior to the general election in January when the radical left Syriza party swept to power.

And he insisted that his actions were legal, in the public interest and aimed at keeping the country in the 19-country eurozone.

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the big number

35

is the number of women who have come forward and attached their names and faces to their stories of alleged sexual assault at the hands of Bill Cosby. The women — the majority of Cosby's accusers, who currently number 46 — range in age from their early 40s to 80 and report incidents as far back as 1969. They told their stories in New York Magazine on Sunday, describing, in many cases, being drugged without their knowledge and forced to perform sex acts without their consent. A handful of women who reported Cosby in 2005 were met with "skepticism, threats and attacks on their character," the magazine essay says. This time around, praise and support abounds on social media — a testament to how much has changed in just a few years.

To boost security, start by being a good neighbour

YOUR RIDE

Jay Smith



Burrow Central Station, the coffee shop that opened up in the Central LRT station last October, has had its security concerns well publicized over the past week.

I watched one of the news anchor's owner Nate Box described aggressive panhandlers, drug users sneaking into staff washrooms and theft. In response, he said, he reduced Burrow's hours of operation and is threatening to shut down altogether if the city and transit officials don't take action.

In Global TV's coverage of the issue, Gord Steinke waxed on air that Burrow "symbolized Edmonton's developing downtown."

In my mind, Burrow symbolizes the privilege underpinning our transit

system, particularly our LRT. When we laud our “burgeoning” downtown, we’re celebrating a certain model of entrepreneurship and mobility.

Take how almost all coverage of Burrow mentions that it is the “first business to open in an LRT station.”

This is false. There are kiosks in LRT stations that predate Burrow, in Coliseum, Southgate and Century Park.

Leila Sidi told me her father took part in the pilot project for such shops at Coliseum LRT Station and ran a business there for 20 years. Sidi points out that he pre-emptively addressed many security concerns by building a community around his shop.

"He just made time for folks, made friends, recognized value in everyone, empathized with struggle," she says.

Why are we forgetting about these business owners when we laud Burrow's entrepreneurial spirit? Why is the solution to Burrow's problems only talk of more law and bylaw enforcement and nothing about how to be a good neighbour?

Moreover, when I spoke to the general manager of the Elm Café group, Mike Forgie, he pointed out that security was just one of the concerns at Burrow. The coffee shop had issues with maintenance response time, heating and promotional limitations.

"(The security concerns have) been blown way out of proportion," he says. "We have to give the workers (realistic) working conditions: heat, air conditioning, security."

Forgie wouldn't comment on criticisms such as Sidi's — although he emphasizes that Burrow

When we laud our 'burgeoning' downtown, we're celebrating a certain model of entrepreneurship and mobility.

is well aware it's "just one of" the businesses that have existed within the transit system.

Our discussion of Burrow needs to be far more complex if we're going to solve the actual problems facing our transit system and downtown communities. Casting out the inaccuracies and the silly boosterism is a good first step.

Jay Smith is a writer who has cycled, walked and run on Edmonton's streets and pathways her entire life.

ROSEMARY WESTWOOD

metroview

We're all jerks on the road. Cyclists are the vulnerable kind

I had that sense again yesterday morning when I got on my bike.

The feeling that I was no more than a delicate teacup perched on the seat. Every motorcycle and car that passed me made me flinch. I shoulder-checked like I had a neck twitch. I'm not a timid rider but I had again the odd foreboding that this could be the day I get hit.

It wouldn't be the first time. A few years ago I was doored — and learned the term doored — en route to the office.

A driver, parked on the side of the road, didn't look for bikes before swinging open his door as I passed him. I flew over the handlebars and skidded to a stop in the middle of the street, mostly unhurt, but shaken.

When cars and bikes collide, one of us always loses.

In 2011 (the latest data available), colliding with a motor vehicle caused 60 per cent of cyclist deaths in Canada. A University of British Columbia study from 2013 found that cyclists have higher rates of both injuries and deaths than drivers, whether you're looking at number of trips taken or number of kilometres travelled.

I'm not arguing the childish chant that cyclists are better than drivers (and pedestrians are forgotten casualties, like the horses of

war, even though they are very much at risk of dying just by walking). Yesterday, as with every morning, cars, buses and trucks vied with pedestrians and other cyclists for biggest a--hole on the road (an award I dole out personally). As of press time, a Toronto pedestrian was the front-runner, thanks to a video making the rounds on Twitter wherein he punches a cyclist in the face.

It's scary out there.

A month ago, I was biking home when a cab driver decided I was too far from the sidewalk (and the crater-sized potholes that hugged the curb) and laid on the horn. He hooooooooooooooonnnnnn-kkkkkeeedddd. It scared the hell out of me and left me so sensitive that a podcast I was listening to made me cry.

Yes, Mr. Cab Driver, I realize I've inconvenienced you by forcing you to switch lanes in an otherwise deserted street.

But please pause to consider: should we collide, you would drive off with a \$2,000 repair bill. I would lie there waiting for an ambulance.

In this, one of the statistically most dangerous times of the year to be a cyclist on the road, I beg of you, drivers: please remember that while we're all jerks on the road, cyclists are the vulnerable kind.



Weaving her way up the charts

TOUR

L.A. songstress Ryn Weaver revels in life on the road

Caroline MacNeill
For Metro

Ryn Weaver is spending the summer in a way most 22-year-olds only dream of — touring the country to play music from her debut album, *The Fool*.

After dropping out of NYU in 2013, Weaver moved back to California where she connected with Benny Blanco, a producer who has worked with such pop luminaries as Katy Perry, Kesha and Maroon 5 in the past.

After the success of the resulting EP, she hit the festival circuit, with stops at Coachella, SXSW and Bonnaroo. This summer, she's loving connecting with fans on her first solo tour.

Her first tour

"It's been really freaking wild," Weaver says. "The first show I played was this sold-out show in a town where I have a lot of family and friends, and L.A. was sold out, too. I think when you're playing at festivals it's really fun, but it's a lot about winning new fans and having people listen to your music because they wandered over."

Currently in the middle of a tour spanning the U.S. and Canada, Weaver says the connection she makes with fans at solo shows has been very meaningful.

"Every single person at these shows is there because they care about my lyrics and what I'm saying."

ing and they all know all the words and they relate. So it's a very comforting experience. It's been very fun for me."

Concept albums

Weaver, who was involved in theatre growing up, might have been inspired by her experiences there — she created the album to be listened to all in one sitting, like a play.

"I believe in concept albums," she says. "There's something beautiful to be said about pop stars, and the breadth of catchy music that sometimes doesn't even go together but is such a good time anyway. As much as I love that and respect people who can achieve that, I think that I'm naturally a bit more of a storyteller."

That can mean spending a little more time with what she's working on.

"A lot of my favourite artists took their time to make different records. They would fall off the map a bit and come back. So a lot of the music I was listening to always felt like it was coming from a very specific world."

Music videos

To date, Weaver has put out two videos: one for her breakout hit



Every single person at these shows is there because they care about my lyrics and what I'm saying.

Ryn Weaver, singer, on connecting with fans during her first solo tour

OctaHate and one for her album's namesake, *The Fool*. Both are aesthetic and evocative, featuring unusual, vivid settings (an old house, a gorgeous field) to immerse the viewer in her world. "I always have ideas (for videos) in my head as I write songs. I kind of see the theatre of it."

For these videos, Weaver found inspiration close by. In *OctaHate*, that's my best friend Hayley, and we actually came together as friends because of the person the song was written about. "To me, it represented way more than us having a food fight at the table. It was about overcoming the journey of the mourning process. There's a final hug at the end. It's about how you wrestle with grief and mourning."

Starring roles

Although Weaver is achieving serious success as a musician, she once attended NYU as an acting student.

"Every single form of art is beneficial to another one. In acting, you get to study characters and you get to understand. It's an empathetic art form. It's almost anthropological. I love it."

Ultimately, she moved back to California to pursue music, finding that the West Coast suits her better.

"I love the East Coast, but a number of the (acting) methods break people down to bring them back up. I kind of believe in nurturing the natural side of you that has those qualities. Sometimes I think technique can crush creativity a bit."

SCAN THIS PHOTO WITH YOUR METRO NEWS APP TO SEE RYN WEAVER'S VIDEO FOR OCTAHATE



Ryn Weaver performs at the Bonnaroo Arts and Music Festival on June 11 in Manchester, Tenn. JASON MERRITT/GETTY IMAGES



See the news come alive!

In this issue, you can find AR enhancements on page 13 in News and page 29 in Sports.

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HARRIS IS A
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to see video!*

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STANDING**

starring JONNY HARRIS



Summer

Black goes totally YouTube

MICHAEL IAN BLACK

The State star stoked to play SMOSH villain



Ned Ehrbar
Metro|Life

The State and Wet Hot American Summer star Michael Ian Black gets in on the YouTube generation's fun with SMOSH: The Movie, playing eccentric billionaire villain Steve You-

Tube, who sends the SMOSH guys (Ian Hecox and Anthony Padilla) literally into the Internet to try to undo an embarrassing viral video. And Black, as it turns out, has a handy trick for playing that type of character.

How do you get into the head space of a character like Steve YouTube?
You just act a little bit like a dick, and that's easy for me. I'm just wired to be a little bit of a dick.

It works for you, I think.
Thanks (laughs). I've based an entire career on it.

SCAN THIS PHOTO WITH YOUR METRO NEWS APP TO SEE IMAGES FROM WET HOT AMERICAN SUMMER

What do you make of the whole YouTube thing?
Well, I certainly support the ability to create content and put it out there and have people watch it, and YouTube is the premium platform for that. So I guess I'm a big fan.



Michael Ian Black, left, in SMOSH: The Movie. CONTRIBUTED

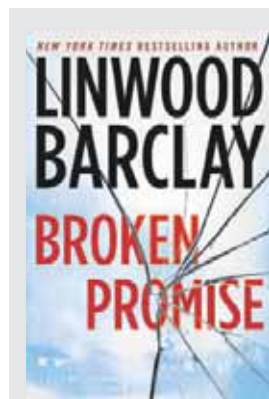
+ WET HOT AMERICAN SUMMER

Netflix turns the cult classic into a new series

A prequel to the 2001 sleeper hit, Wet Hot American Summer: First Day of Camp will make Netflix subscribers very happy campers starting July 31.

Fourteen years later, the once unknown cast have all become bankable stars. Bradley Cooper, Paul Rudd, Amy Poehler, Elizabeth Banks and Christopher Meloni, to name a few, reprise their original roles for the reunion, which takes them back to their first day at Camp Firewood. AFP

BROKEN PROMISE — AN EXCERPT IN FOUR PARTS BY LINWOOD BARCLAY



The dog made a beeline for the fence when she caught a whiff of it. Duckworth steeled himself. He'd seen a few dead people over the years.

PART 2 OF 4

Something dark has infected Promise Falls
Bestselling thriller author Linwood Barclay returns this month with Broken Promise (Doubleday, July 28, \$22.95), the first book in an explosive new trilogy. When we left David yesterday, he had gone to visit his cousin Marla, who has miscarried just 10 months earlier. David is disturbed when he finds Marla feeding a baby that she claims was brought to her by an angel.

The name of the caller came up on Promise Falls Detective Barry Duckworth's screen. "Oh, no," he said. "Randall Finley." The former mayor.
"Yeah," Duckworth said.
"Hey, where are you?" Finley asked. "You in your car? Swing by Clamptt Park. South end. By the path. There's something here you should see."
Barry Duckworth sighed. "Fine."
"I'll meet you at the park entrance. I got my dog with me. That's how I came across it. I was taking her for a walk."

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"It?"
"Just get over here."
"Took you long enough," Finley said as Barry got out of his unmarked cruiser.
"I don't work for you," he said.
"Sure you do. I'm a taxpayer." Finley was dressed in a pair of comfort-fit jeans, running shoes, and a light jacket that he'd zipped up to his neck. "What did you find?"
"It's this way. I could just let Bipsie off the lead and we could follow her."
"No," Duckworth said. "What-

ever you've found I don't want Bipsie messing with."
"Oh, yeah, of course," Finley said. "So, how ya been? You lost weight? You're looking good."
"What'd you find, Randy?"
"You just have to see it, is all. Must have happened overnight, because I walk along here with Bipsie a couple times a day — early in the morning, and before I go to bed. The dog made a beeline for the fence when she caught a whiff of it."
Duckworth steeled himself. He'd seen a few dead people over the years, and figured he'd

see plenty more before he retired.
Finley pointed. "There, on the fence. Pretty weird, huh? It's a goddamn massacre. You ever seen anything like this before?"
Duckworth said nothing, but the answer was no, he had not. Randall said, "If it had been just one body, or even two, sure, I wouldn't have called. But look how many there are. There's twenty-three of them."
Duckworth counted them himself. Randy was right. One short of two dozen.
Twenty-three dead squirrels.

SERIES PREMIERE I Am Cait recapped

After weeks of sneak peeks, I Am Cait finally premiered Sunday night on E! If you got caught up in watching Kanye drop his mic at the Pan Am closing ceremony, here are all the juicy scenes from Cait's first episode.

Caitlyn sees her Vanity Fair cover for the first time

In the first few moments in I Am Cait, Caitlyn sees the cover, the cameras capturing her immediate reaction. At the end of the episode, Caitlyn reveals that Khloe Kardashian had some issues with the cover, but you'll have to wait until episode two to find out why.

Caitlyn's mom gets honest

Caitlyn's mom and two sisters come to visit, the first time they are seeing each other since the transformation, and Caitlyn's mom doesn't hold back, including asking about a verse on the Bible condemning dressing up in another gender's clothes.

Kim lends fashion advice

Kanye West and a pregnant Kim Kardashian stop by and Kim heads straight to Caitlyn's closet. She doesn't hold back about what Caitlyn needs to ditch. Plus, she pulls out a dress that Kris Jenner also has. Talk about awkward!

Real trans issues addressed

More than anything, the show highlights Caitlyn's big heart. She truly cares about the trans community, especially teens and young adults who are struggling with self acceptance and acceptance from others. Caitlyn spends the afternoon with the family of a trans 14-year-old who committed suicide, and scenes for upcoming episodes feature her going to support groups and addressing important issues.
EMILY LAURENCE/
METRO NEW YORK



Caitlyn Jenner
CONTRIBUTED

Eleven gray ones, twelve black. Each one with a length of white string, the kind used to secure parcels, knotted tightly around its neck, and hung from the horizontal metal pole that ran across the top of the fence.
"I got no love for them," Finley said. "Tree rats, I call them. But there's gotta be a law against that, right? Even though they're just squirrels?"

In tomorrow's excerpt: David tries to find out more about where Marla got the baby.

Get some beachin' abs this summer

FITNESS

Tired of just laying around? Work on your core with these exercises

Although rest and relaxation are naturally the priority, the summer break can be a good opportunity to get back in shape before getting back to business.

Here are a few tips from personal trainer Yakisan Cagdas to tighten your abs while working on your tan.

Doing this series of four exercises will tone all of the abdominal muscles, from the core muscles to the laterals and obliques.

Start with some sit-ups

Get into position by lying flat on your back, knees bent with your heels flat, drawn as close as possible to your buttocks. Place your fingertips behind your ears, aligning your arms and shoulders. Your head should be resting on your towel or mat, casting your gaze



Think of how good that swim is going to feel after doing all these abdominal exercises. ISTOCK

into the sky. Raise your upper body by flexing your abdominal muscles (always breathe out as you sit up and breathe in as you lie down) as far as possible, chin forward. Do five sets of 15 with a 45-second rest

between each series.

Strengthen the oblique muscles

Start in the same position, lying on your back with your knees bent and your heels flat. Do a bicycle sit-up by bringing

your left knee to your right elbow until they touch. Your head and shoulders will come up off your towel each time. Do five sets of 15 followed by a 45-second rest before switching to your right knee and left

elbow. Finish with a set of 40, alternating between the two moves.

Tone the abdominal wall

Turn over and get into plank position facing your towel or

mat, resting your weight on your forearms and on your toes while flexing your heel. Your elbows should be aligned below the shoulders and your arms parallel to the body. Your body must form a straight line throughout the exercise (the workout will be totally ineffective if your buttocks are too high or low). Contract the abdominals and hold for 45 seconds while breathing in and out, then relaxing for 30 seconds. Two sets are enough to work out the muscles.

Harden the lateral muscles

Get into side plank position. Your head and shoulders should be aligned with the rest of your body. Pull in your stomach to make your body form a straight line, just as in the last exercise. Your weight will be resting on your forearm and foot, with your hips up off your towel or mat. The exercise entails raising the hips as high as possible and holding the position. Do two sets of 20 without touching your towel, resting for 10 seconds between each set. Then, switch sides and do another two sets of 20.

AFF

IN BRIEF

Millennial females enjoy orgasmic success: Survey

Young women are reaching orgasm at a rate that's getting competitive with that of their male counterparts, according to a U.S. survey conducted by condom manufacturing company Ansell. They're also losing their virginity at a younger age, with 83 per cent of 18 to 24-year-olds reporting having had sex before their 18th birthday.

AFF

E-cigs may be just as addictive as traditional cigarettes: Study

While electronic cigarettes are seen by many as a way to wean off traditional cigarettes, new research suggests that the "e" version may be just as addictive as its smoky counterpart. Their findings revealed that the nicotine in e-cigs was mainly found in its most addictive form, known as "free-base" — the only one of three kinds that is absorbed by the body.

AFF



DRUG ABUSE

Opioid deaths on the rise, experts say



While oxycodone prescriptions are down, opioids like hydromorphone and fentanyl patches seem to be taking their place. ISTOCK

Ontario addiction experts say reduced prescribing of oxycodone has helped cut overdose deaths from the potent narcotic, but other opioids are increasingly taking its place.

Researchers at the Centre for Addiction and Mental Health in Toronto say prescriptions for drugs like hydromorphone and fentanyl patches have risen since 2010 when measures to curb oxycodone use were put in place.

Yet lead researcher Benedikt Fischer says that despite a reduction in overall prescribing, deaths from opioid overdoses in Ontario continue to rise.

Oxycodone-related deaths had dropped by 30 per cent in 2013, but the number of deaths

from opioids overall jumped 24 per cent between 2010 and 2013 — from 467 to 577.

Fischer says the major driver of opioid addiction and related overdose deaths is excessive prescribing — too many drugs to too many people, in too high a dosage. He says public health measures are needed to curtail excessive prescription of the potent narcotics and limit their use to people who need them, such as those experiencing severe cancer-related pain.

"We need to bring those main drivers down to make a dent in this problem," says Fischer, whose commentary written with CAMH colleagues appears in the journal *Pain Physician*.

THE CANADIAN PRESS

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Nichols confirmed as starter vs. Roughriders

ESKIMOS
QB appeared confused over being pulled in weekend win

Edmonton Eskimos head coach Chris Jones cut down a budding quarterback controversy Monday, but his starting pivot, Matt Nichols, remains confused over why he was yanked in the first place.

Jones said Nichols, a six-year veteran, will start Friday when the 3-1 Eskimos host the 0-5 Saskatchewan Roughriders.

"Matt Nichols has been the guy that's taken us the last three games, and he's going to be our starting quarterback," Jones told reporters after practice.

"We're not going to change a lot when we're winning football games."

He wouldn't say if Nichols is on a short leash.

"It'll be game-time situations," he said.

Nichols was pulled with 20 minutes to go with the Es-

kimos leading the Winnipeg Blue Bombers 11-3 in the rain last Saturday.

Nichols was 17-for-25 with 196 yards in persistent rain and was the victim of a few dropped balls.

Backup James Franklin came in and fired three touchdown passes to rout the Bombers 32-3, leading to speculation the 24-year-old strong-armed rookie may start Friday.

After Friday's game, a clearly agitated Nichols bolted from the field as the clock ticked to zero, and had to be brought

back to face reporters 50 minutes after the contest ended.

At that point he said he didn't know he was going to be pulled until it happened, wasn't told it was for the rest of the game, and wasn't told why.

After the game, Jones wouldn't say why he changed to Franklin, but left the door open to a quarterback switch by refusing to confirm Nichols was still No. 1 on the depth chart.

On Monday, Nichols declined to answer followup questions on how he came to stay with Nichols and why he nixed, or



Eskimos quarterback Matt Nichols started Saturday's game against the Blue Bombers, but was yanked with 20 minutes to go and didn't return. JASON FRANSON/THE CANADIAN PRESS

if he ever really considered, a start for Franklin.

At one point Jones stood mute in the media scrum, refusing to speak.

Nichols has won three games since taking over from the injured Mike Reilly. His play has been serviceable, but not out-

standing.

He is 48-for-85 with 650 yards and four TDs, but has five interceptions. He's had some strong passes but has also lobbed his share of overthrows and underthrows.

Nichols told reporters Monday he hasn't spoken with Jones.

"We were starting to take over the game a little bit, so I was frustrated," said Nichols.

"I just felt like I was playing a pretty solid game out here in tough conditions. I think my last seven quarters of football have been in a torrential downpour."

THE CANADIAN PRESS

OLYMPICS Toronto's path to hosting gig now 'easier'

Boston's withdrawal from the race to host the 2024 Summer Olympics could make a potential Toronto bid "far more attractive," particularly if no other American city steps up to the plate, experts said Monday.

"The Boston decision today certainly makes the landscape easier for a Canadian bid, a Toronto bid," said Bruce Kidd, an Olympics expert at the University of Toronto.

"With no U.S. bid, a Canadian bid has a much stronger argument," he said, noting that by 2024, it will have been almost three decades since the 1996 Atlanta Olympics, the last time the Summer Games were held in North America.

Talk of a third Toronto Olympic bid has followed the city's successful Pan Am Games, which wrapped up Sunday.

Toronto Mayor John Tory said he wants to let the dust settle before making a decision, adding that officials will conduct a "careful analysis" to determine whether a bid is in the city's best interest.

THE CANADIAN PRESS

+

DECISION

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ACE PITCHERS TO WATCH

At the trade deadline

MLB

Top five starting pitchers, who could be on the move before Friday at 4 p.m. ET

COLE HAMELS

2015 stats: 6-7, 3.64 ERA, 9.6 K/9

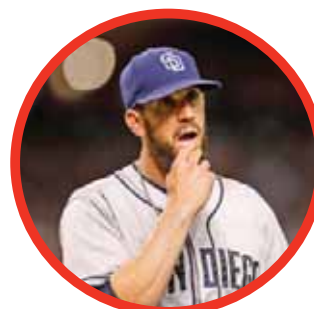
The Phillies' ace will almost certainly be dealt prior to Friday's deadline and should net the biggest return, given he is not a rental and remains under contract for three more seasons.



JEFF SAMARDZIJA

2015 stats: 7-5, 3.91 ERA, 6.9 K/9

The White Sox are another club whose hopes of contending have gone unfulfilled. The Shark, who has had a fantastic July, will be a free agent next year and will likely join a pennant race later this week.

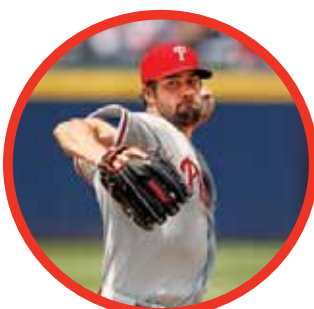


YOVANI GALLARDO

2015: 7-9, 3.19 ERA, 6.2 K/9

The Rangers are in an odd buy-and-sell mode in that they are expected to go after Hamels, while also dealing some of their expiring assets, like Gallardo, with whom they haven't been able to work out an extension.

TORSTAR NEWS SERVICE



DAVID PRICE

2015 stats: 9-3, 2.31 ERA, 8.6 K/9

He would be the best pitcher on the market — if he is actually on the market. The Tigers are built to win now, but they are two games under .500 and could become unexpected sellers. The free-agent-to-be is their best chip.



JAMES SHIELDS

2015 stats: 8-3, 3.77 ERA, 10.2 K/9

It was just this past off-season San Diego signed the 31-year-old right-hander to a four-year, \$75-million US contract, but given how disastrously their season has gone, word is they are already looking to sell and rebuild.



ALL PHOTOS GETTY IMAGES

Jays GM has to play hardball

MLB

Standing pat not an option as contract winds down

Alex Anthopoulos isn't likely to characterize it this way, but the next four days figure to be the most important of his career.

The Blue Jays' 38-year-old general manager is in the final year of his contract, while the man who hired him — team president Paul Beeston — is retiring at season's end. With a new boss on the horizon, it's tough to imagine Anthopoulos surviving another October on the outside looking in.

Meanwhile, his club is armed with the best offence in baseball, but held back by a mediocre pitching staff. With 62 games to go, they trail the first-place Yankees by 6.5 games and the second wild-card spot by three.

He is dealing with an anxious fan base, the longest post-season drought in professional sports and a restless core of players —



Jays GM Alex Anthopoulos
TORSTAR NEWS SERVICE FILE

some of whom publicly criticized his lack of action at last year's deadline.

Standing pat hardly seems an option this time around, but how much of the future is Anthopoulos willing to sacrifice to make a run in the present? We will find out sometime before Friday at 4 p.m.

As usual, the Jays have been linked to numerous teams and players, ranging from popular rentals, like Jeff Samardzija, to high-end closers, like Craig Kimbrel and Aroldis Chapman, and off-the-radar types, like Carlos Carrasco and Mike Fiers.

Anthopoulos's track record

suggests he is reluctant to give up prospects and their multiple years of control for players on expiring contracts, like Samardzija. In fact, he has described the rental market as "the last aisle I want to shop in."

That made his reported interest in Milwaukee's Fiers and Cleveland's Carrasco somewhat interesting. Fiers has four more years of team control, while Carrasco has three. Both right-handers are high-strikeout pitchers whose peripheral numbers suggest they are better than their less-than-spectacular ERAs. But given those years of control, their price will be high.

TORSTAR NEWS SERVICE

+ RESUMÉ

Anthopoulos has drafted well and rebuilt an ailing farm system. Measured minds may view his legacy in that light, but chances are most will judge him on what he pulls off — or doesn't — in the next few days.

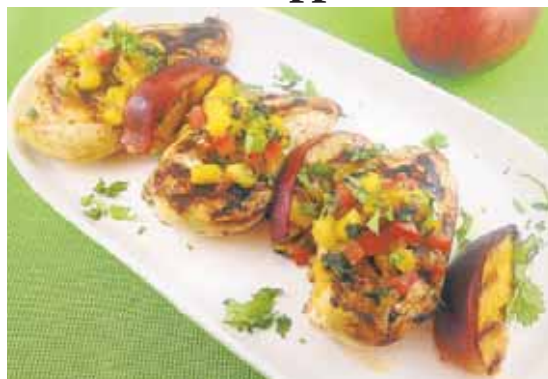
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RECIPE Grilled Chicken with Peach and Bell Pepper Salsa



EAT LIGHT AT HOME

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Ripe peaches are a delicacy this time of year. You can also use nectarines or plums.

Serves 4

Ready in

Prep time: 10 minutes

Cook time: 12 minutes

Ingredients

- 1 1/2 lb boneless chicken breasts
- 1 cup finely diced peeled ripe peaches
- 1/3 cup finely diced red bell pepper
- 1/4 cup finely diced red onion
- 2 Tbsp orange juice
- 2 tsp olive oil
- 1 tsp honey (or to taste)
- 2 Tbsp chopped cilantro

Directions

1. If you have time, marinate the chicken breasts for at least one hour.

2. Grill the chicken on medium heat, just until cooked or temperature reaches 165 F, approximately eight to 12 minutes.

3. In a bowl, combine remaining ingredients except for cilantro. Add to skillet and cook for one minute or just until warm. Add cilantro and spoon over chicken.

Nutrition per serving

- Calories 262
- Protein 39.4 g
- Carbohydrates 13 g
- Fibre 0.6 g
- Total fat 4.7 g
- Saturated fat 0.6 g
- Cholesterol 99 mg
- Sodium 211 mg

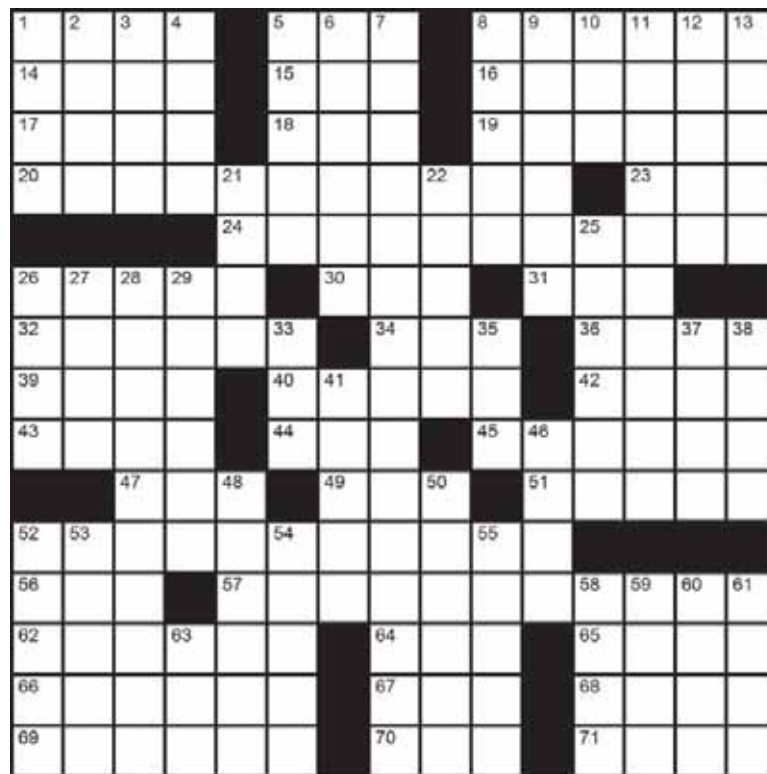
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Pickle holders
- Wee washroom
- Was an appreciative restaurant customer
- Double-reed woodwind
- Earlier, poetically
- Southern Manitoba town
- Criticize
- Tread the boards
- Chef, when making everything on the dish look nice before the waiter takes it, say
- Northern and Southern on the globe
- Ms. Adams
- Fly extinct reptile fly!
- Paul McCartney's nickname
- Chest bone
- "_ _ hoo!"
- Roman Myth: Dawn goddess
- Modern
- Glasgow's country [abbr.]
- Eminem song
- Successful song
- Bible pronoun
- Goblins
- That lady
- Laundry challenges
- Greyhound vehicle
- Group of Seven painter Mr. Jackson, et al.
- Talk show legend Ms. Winfrey's biblical



name as it appeared on her birth certificate
52. Hollowed-bear-bone healing aid used by shamans of the Tsimshian people in British Columbia: 2 wds.
56. NFL teams division, e.g.

57. Shakespearean comedy: 4 wds.
62. Alarm clock responders
64. Way to travel [abbr.]
65. King Atahualpa, for one
66. Pot holder
67. Certain canine

68. Arf!
69. Groups of eight
70. Operative
71. "Say it _ _ so!"

DOWN

1. Mr. Brolin
2. Fit to partake
3. Rove
4. _ _-sweet choc-

olate
5. Jumped
6. Robin Hood, for one
7. Former military branch... RCAVC = Royal Canadian Army _ _
8. Recorded
9. "My sentiments

exactly": 2 wds.
10. Harper Valley gr.
11. One-of-some in a bag of Canadian snack brand Miss Vickie's: 2 wds.
12. Foe
13. Ms. Hannah
21. Box
22. Court garbs
25. Movie's billing sharer
26. Long-running military comedy
27. Highway honker
28. k-os hit, Juno-winner for Single of the Year in 2005
29. Sort of diplomat
33. Cigar residue
35. Canadian actress Sandra's
37. Charlie Chaplin's last wife
38. 1975 ZZ Top song
41. Like a craved-for acting role
46. Ms. Spelling
48. Frightened
50. Black Eyed Peas hit: 2 wds.
52. _ _ it (Carried out a task)
53. Joan's two-worded following
54. Li'l helpers
55. Lyrical lament
58. Fuzzy fruit
59. Rock producer Brian's
60. Desktop graphic
61. William H. _ (27th US President)
63. Sister of Zsa Zsa

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If you enjoy being the boss then you'll get every opportunity to show off your leadership skills. But remember that being the boss is about more than just giving orders.

Taurus April 21 - May 21
The one thing you most want to avoid is the thing you must face up to today. Something that has been causing you a great deal of worry can now be dealt with but it will take a lot of courage on your part.

Gemini May 22 - June 21
Friends will go out of their way to help so don't just sit there like everything is fine. No matter how independent-minded you are, you still need a helping hand now and again.

Cancer June 22 - July 23
If you need to persuade someone to give you something you will no doubt be successful today. But they will give even more if you wait until Friday's full moon.

Leo July 24 - Aug. 23
So many things are going right now that you are beginning to believe a breakthrough is possible. It is. Keep dreaming about a brighter future. It won't be a dream for long.

Virgo Aug. 24 - Sept. 23
You may find it difficult to make up your mind today. Your problem is that you are worrying about things that will probably never happen. Lighten up a bit - life is supposed to be enjoyed.

Libra Sept. 24 - Oct. 23
Not only are you in tune with the spirit of the times but you believe you have found your special place and role in the world. It's good to feel you are doing something worthwhile. It's good to make a difference.

Scorpio Oct. 24 - Nov. 22
You need to find the courage to make a difficult decision. Keep reminding yourself that change is not something to be avoided.

Sagittarius Nov. 23 - Dec. 21
Approach the day in a positive frame of mind and you'll accomplish a lot. Approach the day with negativity and you'll accomplish the same amount but you won't get much joy from it.

Capricorn Dec. 22 - Jan. 20
If your instincts tell you you're on the right track then you must trust them. Let them guide you and the next few days will be a lot of fun.

Aquarius Jan. 21 - Feb. 19
Certain people may not deserve your support but you will give it anyway. Later in the week, when the moon is full in your sign, it is you who will need assistance. Think of good deeds as an investment.

Pisces Feb. 20 - March 20
You must spend some time planning what you are going to do. It will enable you to get twice as much done as you would have had you rushed in and hoped for the best.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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